



## Fitness training to impact Actions in the Game

Category: Physical: Endurance  
Difficulty: Moderate

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### 2vs2 Quick Transitions

**Set Up:** Create enough fields side by side (15\*25yds) depending on your numbers (ideally) 6-players per field.

Teams will play directionally, each attacking a specific end.

Teams will play as 2+1 vs 2+1, meaning players can use their own outside player as a pivot to build-up play.

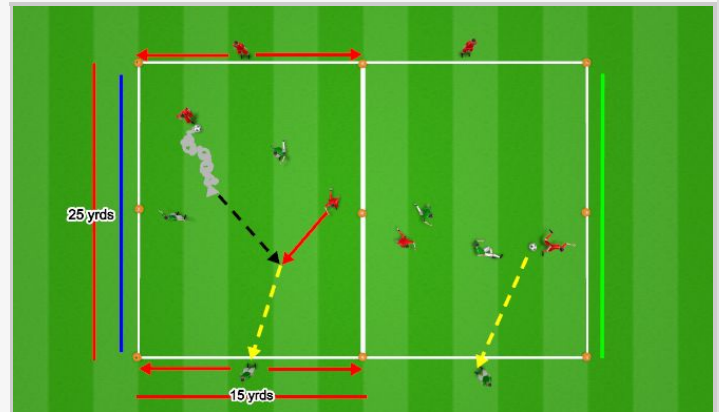
Teams score by getting the ball into the opponent's outside player. Outside players move on their line to be an passing option for whichever team has the ball. Can ONLY score when within your opponents half.

As soon as a point is scored, the outside player with the ball will play with their team-mates, who will attempt to go the other way to score.

Rotation every 1min, meaning players will play 2min in, and recover 1min on outside. Total of 12min. No water breaks.

**Session Aims:** The 2vs2 in the middle should provide plenty of dribbling and RWTB opportunities and players should be encouraged to take players on in 1vs1's.

Big fitness component because of continues play and hard work required for the 2vs2's.



### Fitness training for Recovery between Actions

**Set Up:** Make a big field for 4vs4+2Neutrals+2Runners with either pug nets (numbers in the field can be decreased to as little as 2vs2, but then more water breaks will be required). Super 8 nets with a goalkeepers can also be used, but only with high numbers, minimum 16, 6vs6+2+2).

Teams will play a normal game with 2 neutrals on the outside of the sidelines (1 from each team). The neutrals can move up and down the flanks to support the attacking team. They can be pressured (and should be), but cannot be contested. They also have to get the ball back into play asap, max.3 touches on the ball.

**Session Aims:** To have a Game to work on technical develop, tactical understanding (by playing with width and in different positions), all while working on Fitness.

The Game will start with 2 players of each team on the outside (6&7 for Red) and all the rest playing on the field. No.6 will be doing runs on the outside (Sprint-Jog-Sprint-Jog) for one cycle, and then replace no.7 as the Neutral Player. 7 will enter the game in the role of player one of the players (no.3 in the example), who will exit to do the runs. They will in turn replace no.6 as the Neutral after completing their run and the whole cycle will continue. Runners can only start when both Red and Blue are set and they should 'Race' each other for the sprint. The Game never stops for these rotations, it should happen fluidly.

The Game will be continues for 25min without a break. Runners can get a drink of water, after their runs, before taking their role as the neutral. Then take a 3min water break, before going for another 15min cycle.

**Coaching Points:** Encourage players on the field to control the middle of the park and use the Neutral players for width and switching of the ball.

